



PHYSICAL ACTIVITY TIPS



Walking

Why Be Active?

Many people who live in California are not as physically active as they should be to stay healthy. Not being physically active causes health problems, like heart disease and high blood pressure. To be healthy, adults should be active for 30 minutes every day of the week. Children should be active for an hour everyday. Some types of activities you and your family can enjoy are walking, dancing, and gardening. Even washing cars or house cleaning can be exercise.



Washing Car

Benefits of Physical Activity

- Can increase your energy level
- Makes your body stronger
- Helps you to lose weight
- Keeps you healthy
- Makes you feel good about yourself



Gardening

Tips

Here are a few ideas that may help you become more physically active:

- Park your car or get off the bus farther away and walk the extra distances to the store, school or work. At work, take the stairs instead of the elevator.
- Take a walk with a coworker at lunch or later with a friend or neighbor.
- Walk your children to school.



Dancing

Have Fun!

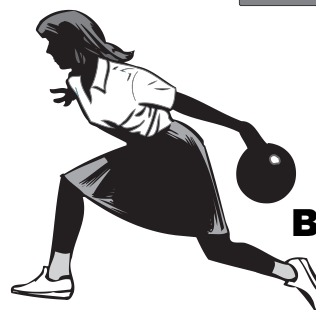
Remember the idea is to enjoy your new physically active life. Make sure to choose a mix of activities that fit you and your family's life.



Aerobics

Remember!

Check with your local health care provider before starting any exercise program.



Bowling